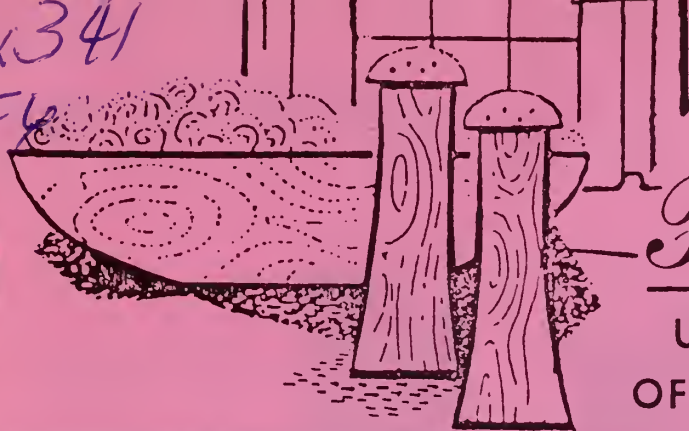


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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

33RD YEAR

October 11, 1976

NO.41

FAMILY LIVING SESSIONS SET

— FOR NATIONAL USDA OUTLOOK CONFERENCE

Tentative program schedules have been released for the topics to be presented at the National Agricultural Outlook Conference. This part of the Outlook Conference will be held, as last year, in the auditorium of the Freer Gallery of Art, 12th and Independence Ave., S.W., Washington, D.C. (The General Outlook Conference will be held in the auditorium of the South Building, U.S. Department of Agriculture, 14th and Independence Ave., S.W., Washington, D.C.)

Family Living Sessions start Tuesday, November 16th and run through Thursday, November 18th, 1976. All sessions are open to the public.

In This Issue:

- 1 - Outlook Conference
— Family Living Sessions
- 2 - Photos: Bicentennial Days
- 3 - Cost of Food at Home (Aug.'76)
- 4 - Food Clips

Tuesday, November 16, 1976 - A.M. -- OUTLOOK FOR FAMILY LIFESTYLES

- | | |
|----------------------------------|---|
| 8:45 Population Trends | 10:30 Women: IWY Decade |
| 9:30 Adult Functional Competency | 11:15 Lifestyle Implication for the Family |
| 10:15 Break | |

Tuesday, November 16, 1976 - P.M. -- SITUATION AND OUTLOOK FOR THE FAMILY

- | | |
|--|--|
| 1:15 Economic Outlook | 2:45 Break |
| 2:00 Program Development: Money Management Consultation Centers | 3:00 Family Legislation 3:45 Consumer Legislation |

Wednesday, November 17, 1976 - A.M. -- ASSESSMENT OF COMPUTER ASSISTED INSTRUCTION

- 8:45 Overview of Computer Programs
- 9:30 Planning and Use of Computer Programs, Data needs and validity of application, Time for and cost of development, and Competence of users.

Wednesday, November 17, 1976 - P.M. -- NEW RESEARCH AND INFORMATION ARS - ERS

- | | |
|------------------------------------|---------------------------|
| 1:15 Flexibility in Housing Needs | 2:45 Break |
| 1:45 Household Energy Conservation | 3:00 Canning and Freezing |
| 2:15 Rural Transportation | |

Thursday, November 18, 1976 - A.M. -- SITUATION AND OUTLOOK FOR THE FAMILY

- | | |
|----------------------|-------------------------------------|
| 8:45 Housing Outlook | 10:30 Health Care Outlook |
| 9:30 Energy Outlook | 11:15 Clothing and Textiles Outlook |
| 10:15 Break | |



Bamberg County, South Carolina - August 1926 - Farm boys with their goat team. Photo number BN 39050



Finding the stolen nest - 1929. Photo number BN 42032

COST OF FOOD AT HOME FOR A WEEK (August 1976)

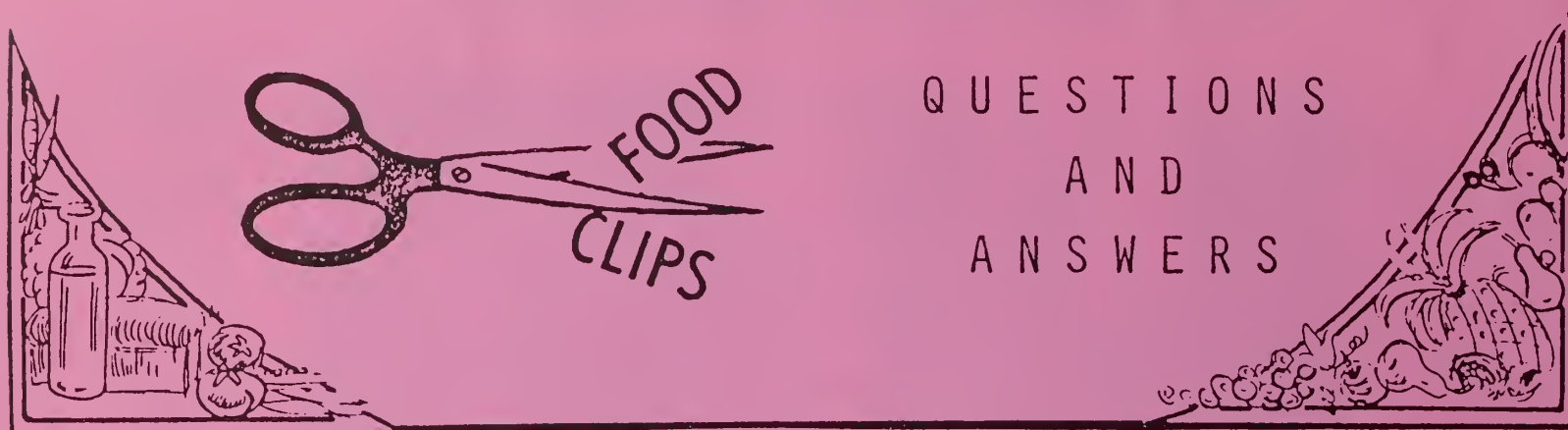
| | <u>Thrifty plan</u> | <u>Low-cost plan</u> | <u>Moderate- cost plan</u> | <u>Liberal plan</u> |
|---|-------------------------|--------------------------|--------------------------------|-------------------------|
| FAMILIES | | | | |
| Young couple..... | \$22.50 | \$29.50 | \$37.00 | \$44.50 |
| Elderly couple..... | 20.10 | 26.20 | 32.40 | 38.80 |
| Family of 4 with preschool children..... | 31.90 | 41.40 | 51.60 | 62.20 |
| Family of 4 with elementary school children..... | 38.50 | 50.00 | 62.70 | 75.50 |
| INDIVIDUALS* | | | | |
| Women | | | | |
| 20-54 years..... | 9.20 | 12.00 | 14.90 | 17.90 |
| 55 years and over..... | 8.30 | 10.80 | 13.30 | 15.80 |
| Men | | | | |
| 20-54 years..... | 11.30 | 14.80 | 18.70 | 22.60 |
| 55 years and over..... | 10.00 | 13.00 | 16.20 | 19.50 |
| Children | | | | |
| 1-2 years..... | 5.20 | 6.70 | 8.20 | 9.80 |
| 3-5 years..... | 6.20 | 7.90 | 9.80 | 11.90 |
| 6-8 years..... | 8.00 | 10.30 | 12.90 | 15.60 |
| 9-11 years..... | 10.00 | 12.90 | 16.20 | 19.40 |
| Girls 12-19 years..... | 9.50 | 12.30 | 15.20 | 18.20 |
| Boys 12-14 years..... | 10.70 | 13.70 | 17.20 | 20.70 |
| 15-19 years..... | 11.70 | 15.20 | 19.00 | 22.90 |

* Cost of food at home for any family can be figured by totaling costs shown for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: Single copies of papers describing USDA's thrifty food plan (used in setting the coupon allotment in the Food Stamp Program) and the three more costly plans, on which these costs are based, are available from the Consumer and Food Economics Institute, Agricultural Research Service, USDA, Hyattsville, Maryland 20782.



Does instant nonfat dry milk have to be inspected?

There is no law that requires any instant nonfat dry milk to be federally inspected for quality -- but, each year under voluntary compliance, over 12 million pounds are inspected according to USDA's Marketing Service.

What does the USDA Prime Shield mean when stamped on beef?

USDA Prime is of the highest quality beef -- most tender, juicy and flavorful.

Are the multipacks of individual ready-to-serve cereals more economical than the larger boxes of ready-to-serve cereal?

No, the multipacks of individual ready-to-serve cereals may cost two to three times as much per ounce as the same cereal in a larger box.

What does "Grade A" on vegetables mean?

Grade A vegetables are carefully selected for color, tenderness, and freedom from blemishes. They are the most tender, succulent, and flavorful vegetables produced.

Is it true jams and perserves need to be processed in a boiling water bath?

Yes. This prevents the growth of molds and yeasts that could cause food spoilage and quality changes in these products.

Should hams be glazed before or after roasting?

Hams may be glazed during the last half-hour of roasting. Remove the rind, if any, before glazing.

FOOD and HOME NOTES, a weekly newsletter directed to the mass media outlets, is published by the U.S. Department of Agriculture's Office of Communication, Washington, D.C. 20250. -- Editor: Shirley Wagener ...Phone 202-447-5898
